

Green Bean Delight

Makes: 6 Servings

Canned vegetables are a great addition to any meal, so keep them on hand. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

Ingredients

1 cup onion (chopped)
1 teaspoon garlic (finely chopped)
1 can low-sodium green beans (drained, about 15 ounces)
nonstick cooking spray

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook onion and garlic until tender.
3. Add green beans and heat thoroughly.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	30	
Total Fat	NA	
Protein	1 g	
Carbohydrates	6 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	75 mg	